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SLOT, WHAT'S NEXT FOR SHERLOCK AND
JOAN ON THE CBS HIT ELEMENTARY? PAGE 10



Tuesday, February 5, 2013



News
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OILERS OFF IN OT

Vancouver Canucks' Alex Burrows tries to deflect the puck in front of Edmonton Oilers goalie Devan Dubnyk during second-period action in Edmonton, Monday. The Oilers lost 3-2. For more, see page 19. JASON FRANSON/THE CANADIAN PRESS

ATA: Teacher relationships threatened

Opposition. NDP says
minister 'shopping
around' idea of
legislating deal



**JEREMY
NOLA**
Metro in Calgary

Legislating a contract for Alberta teachers would create long-standing tension and ultimately be detrimental to student learning, the president of the Alberta Teachers' Association warned Monday.

President Carol Henderson said she was "shocked" to learn provincial Education Minister Jeff Johnson has been broaching the subject of using legislation to end negotiations with teachers held across the province.

Similar moves in B.C. and Ontario have "completely

destroyed the working partnerships" and led to work-to-rule campaigns in those provinces, she added.

"Even raising the topic puts the relationship at risk," Henderson said. "We are supposed to be partners in education; we have work to do."

Johnson's press secretary Kim Capstick said Sunday the ministry had received "mixed" support among boards questioned about a legislated deal, with some openly advocating for the move as a way to remove any threat of labour unrest.

Cheryl Smith, vice-president for the Alberta School Boards Association, reaffirmed early indications are her organization's membership is divided on the topic.

"We did know the province was asking about this," she said, before adding the ASBA would only support a deal that maintained flexibil-

ity for school boards to make local decisions.

Teacher negotiations shifted to local bargaining in December after province-wide talks broke down.

Henderson was quick to question the stance of boards supporting legislation.

"I am disappointed that boards want to give (negotiating powers) up because I'm going to start to wonder what the heck we need them for," she said.

While the province has maintained Johnson is merely "inquiring" about the legislative route, NDP education critic David Eggen said boards are telling him it's become part of the ministry's "central message."

"(Premier Alison) Redford reached out to teachers to help win the election, and now this kind of behaviour is like stabbing them in the back," Eggen said.

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Councillors trim budgets

Edmonton councillors trimmed \$50,000 from their office budgets, but won't go any further until at least after the election.

Councillors' budgets, which cover their staff and office expenses, have been underspent for several years. Coun. Don Iveson proposed lowering the budgets to closer in line with what council actually spends.

"I think doing this now contributes to the effort that administration is undertaking of budgeting as tightly as possible," he said.

RYAN TUMILTY/METRO

School board

Sounding off on revised student-assessment policy

Nearly 2,000 people offered their feedback on the Edmonton Public School Board's revised student-assessment policy.

"Whether five people responded or 100,000 respond, we take feedback from the community seriously," board chair Sarah Hoffman said.

All comments gathered will be considered before the policy goes through a second and third reading.

Community members offered their opinions on the document through an online survey and a teleconference. **METRO**

Attendance

Ice on Whyte breaks record

Edmonton's Ice on Whyte festival celebrated its 10th anniversary with a banner year. The festival in Old Strathcona set a new record for attendance, with more than 50,000 people passing through its gates. **METRO**

\$6B funding gap. Minister warns Alberta universities of role in budget restraint

Alberta's newly minted advanced education minister hinted Monday that university administrators may be required to do more with less.

In a move touted as a cost-saving measure, the governing Tories announced deputy premier Thomas Lukaszuk will now split his time with the advanced education portfolio.

Shortly after his appointment was announced, Lukaszuk made it clear that universities will play a role in helping the province close a \$6-billion funding gap before the provincial budget rollout next month.

"We will definitely be looking



Thomas Lukaszuk METRO FILE

for efficiencies, I can tell you that much," he said. "I expect as large as possible a portion of dollars to be ending up in classrooms and in research that is relevant to Alberta and Alberta's economy."

JEREMY NOLAIS/METRO

511.alberta.ca. Province launches new traveller information service

The Alberta government has launched a new website to provide travellers with updated weather information, traffic cameras, construction information and highway closures, to replace the Alberta Motor Association Road Report service.

Road updates will also be provided on Twitter at @511Alberta.

511.alberta.ca, which can also be accessed by calling 511 toll-free from anywhere in Alberta, launched on Monday and combines a number of services on one map.

"Albertans have told us they want fast, simple access

to the information they need, and that's exactly what 511 Alberta provides," Minister of Transportation Ric McIver said in a release.

"511 Alberta will help you better plan your trips and make our highways safer, especially during the winter months."

METRO

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Olympic women's soccer stars visit Edmonton

Having a ball with the pros. London Games bronze medallists teach local clinics for aspiring players

RYAN TUMILTY

ryan.tumilty@metronews.ca

Four of the stars of Canada's Olympic bronze-medal-winning women's soccer team came to Edmonton on Monday, hoping to inspire more young women to take up the game.

Christine Sinclair, Karina LeBlanc, Diana Matheson and Rhian Wilkinson were in the city to lead soccer clinics with local players.

Sinclair said when the team played in London last year they were hoping to inspire future players.

"Heading into London, obviously we wanted an Olympic medal, but more import-



Olympic bronze medallists, from left, Diana Matheson, Karina LeBlanc, Rhian Wilkinson and Christine Sinclair speak at city hall on Monday. The members of the Canadian national soccer team came to Edmonton for clinics with local soccer players. RYAN TUMILTY/METRO

antly we wanted to leave a legacy here in Canada," she said.

LeBlanc said inspiring the next generation of players is a great opportunity for the

Women's World Cup

Edmonton is one of six cities that will be hosting the Women's World Cup in 2015. The Canadian organizing committee has not yet determined which games will be played in Edmonton.

team.

"We love this game, but we also love looking into the eyes of young players and saying you can do this, too — you can dream big," she said.

The Olympians were in the city for the women's under-19 tournament in 2002, and one local soccer player said that tournament had been an inspiration.

"A lot of girls, including myself, were inspired to keep competing, keep cheering and keep reaching for their own potential," said Janelle Janis, who now plays with the University of Alberta.

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1 NEWS

Authorities storm bunker in Alabama: Boy safe, man dead

Six-day standoff ends. Officials were refusing to say how abductor died in hostage-taking

Authorities stormed an underground bunker Monday in Alabama, freeing a five-year-old boy who had been held hostage for nearly a week in the tiny backyard shelter and leaving the boy's abductor dead.

After days of fruitless negotiation, talks had deteriorated with an increasingly agitated Jimmy Lee Dykes, who had kidnapped the child from a school bus after killing the driver.

Dykes had been seen with a gun, and officers concluded the boy was in imminent danger, said Steve Richardson of the FBI's office in Mobile.

Prior to press time, officials were refusing to say how the 65-year-old died.

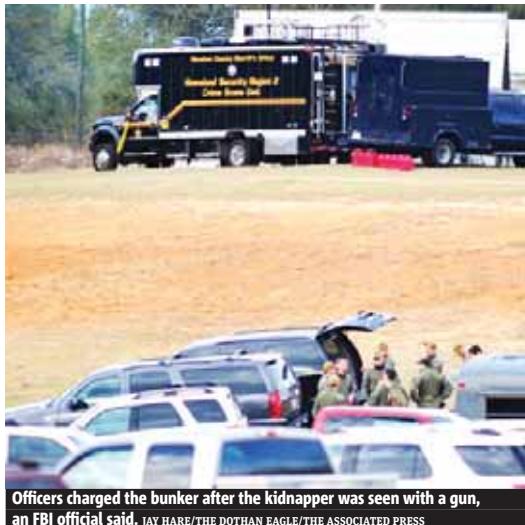
Throughout the ordeal, authorities had been speaking with Dykes through a plastic pipe. They also sent food, medicine and other items into the bunker, which apparently had running water, heat and cable.

Authorities said the kidnapper appeared unharmed. Officials have said he has Asperger's syndrome and attention deficit hyperactivity disorder.

FBI technicians were checking the property for explosives and plan to look more closely when it's safe, FBI spokesman Jason Pack said.

Daryle Hendry, who lives about 400 metres from the bunker, said he heard a boom Monday afternoon, followed by what sounded like a gunshot.

THE ASSOCIATED PRESS



Officers charged the bunker after the kidnapper was seen with a gun, an FBI official said. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

Justice. Victims of child abuse praise legal update

Promises to give victims a formal role in Canada's criminal-justice system and to stiffen penalties for those who commit sex crimes against children are important — if overdue — initiatives, two abused former hockey players said Monday.

Speaking after a roundtable with the justice minister, Greg Gilhooly and Sheldon Kennedy said the Conservative government was on the right track.

A victim's bill of rights was one of three get-tough-on-crime themes the government plans to emphasize this year, Justice Minister Rob Nicholson said.

"Right now a victim is simply a witness — we're at the beck and call of other people," Gilhooly said.

Tougher child-abuse laws are also a priority. Currently, small-time marijuana growers face stiffer mandatory minimum sentences than those who rape children.

Nicholson also promised legislation to make public safety the "paramount consideration" in cases where accused criminals are found not criminally responsible by reason of a mental disorder.

THE CANADIAN PRESS

Sovereignty movement

Quebec a victim of 'ethnocide': Group

A pro-independence organization unveiled a new study Monday that identifies 92 ways in which the Canadian federation hinders Quebec's development against the interests and values of Quebecers.

The report underlines a wide range of issues such as the end of the long-gun registry, competing

regional interests in energy policy and how 27 new federal ridings have been created outside Quebec compared to only three within it.

The first item on the list says Ottawa has allowed anglophone provinces to commit "soft ethnocide."

The study was conducted with the help of partisan money from pro-independence political parties, including the Parti Québécois.

THE CANADIAN PRESS

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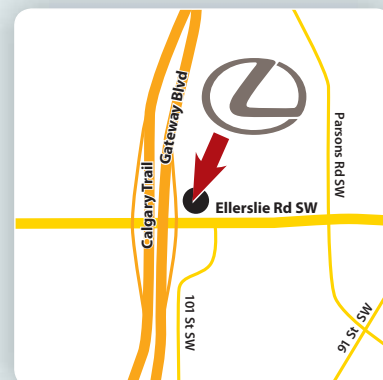
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Inspired recycling

Alaskan brewery is 'beer-powered'

The Alaskan Brewing Co. is going green, but instead of looking to solar and wind energy, it has turned to a very familiar source: Beer. The Juneau-based firm purchased a \$1.8-million furnace that burns the company's spent grain — the waste accumulated from the brewing process — into steam which powers the majority of the brewery's operations. Company officials joke they are now serving "beer-powered beer."

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.14¢ (-0.13¢)

TSX
12,717.62 (-51.20)

OIL
\$96.17 US (-1.6¢)

GOLD
\$1,676.40 US (+\$5.80)

Natural gas: \$3.32 US (+1¢)
Dow Jones: 13,880.08 (-129.71)

New regulations

U.K. banks aren't 'too big to fail'

Britain's treasury chief warned the country's banks Monday they face being broken up if they fail to protect their retail operations from their riskier investment arms. In describing the new regulatory measure, George Osborne told JPMorgan executives the days of banks being "too big to fail" are over in Britain, and taxpayers shouldn't be expected to bail out the lenders. The next time a crisis hits, he wants more options. THE ASSOCIATED PRESS

Overhaul work

Air Canada's heavy maintenance must be done here: Court

Quebec Superior Court has ruled that Air Canada is contravening federal law by not maintaining heavy-maintenance operations in Canada. The ruling says the airline has an obligation under the Air Canada Public Participation Act to maintain such operations in Montreal and Winnipeg. THE CANADIAN PRESS

Farewell one-cent coins, hello symmetrical rounding

Cash register confusion.

Now that the penny's days are numbered, how will retailers decide what to charge?

The Canadian penny took another step Monday on what could be a long road to extinction, with businesses given the ultimate short-term power of deciding whether they want to keep accepting them.

The Royal Canadian Mint officially ended its distribution of one-cent coins to Canada's financial institutions.

But businesses can still accept the copper pieces as long as they choose, says Shelly Glover, the parliamentary secretary to Finance Minister Jim Flaherty.

"Pennies will retain their value indefinitely so they can continue to be used as long as they are available, and with businesses that are willing to accept them," Glover said at a Shoppers Drug Mart store in Ottawa's south end.



The household penny jar may soon become a thing of the past. The one-cent coin is being officially phased out, and retailers who don't want to accept pennies anymore will round cash transactions to the nearest nickel. RYAN REMIOWZ/THE CANADIAN PRESS

Flaherty announced the demise of the penny nearly a year ago as a cost-saving measure as the mint was spending more to make pennies than they were worth. The last penny made came out of the mint's Winnipeg facility in May of last year.

Retailers who decide to no longer accept pennies as part of cash payments will have to round up or down consumer

purchases to the nearest five cents. "When pennies are not available, cash payments will need to adapt," said Glover.

As an example, if a cash purchase totals \$1.61 or \$1.62, a retailer who doesn't want to deal with pennies would charge a customer \$1.60.

If the purchase adds up to \$2.28 or \$2.29, the customer would be charged \$2.30.

The government calls it

In memoriam

- Google's Doodle paid tribute to the Canadian penny on Monday, which was the day the mint stopped distributing the coin. The word Google was copper-coloured and the first O was a spinning 2013 penny — a coin that was never minted.



GOOGLE SCREEN GRAB/METRO

symmetrical rounding.

Essentially, any final cash amount that ends with a 1, 2, 6 or 7 would be rounded down to the nearest five- or 10-cent increment. Purchase totals ending in 3, 4, 8 and 9 would be rounded up.

Electronic purchases, such as those online or using debit or credit cards, will still be billed to the cent.

THE CANADIAN PRESS



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IT'S TIME TO THROW OUT THAT LIFE SCHEDULE



SHE SAYS...
Jessica Napier
metronews.ca

If you're nearing 30 years old and have been with your significant other for a while, you are doomed to suffer through relentless questioning about when you're going to get married. Established relationship math dictates that the sum of both of your individual ages multiplied by the number of years you've been together equals a wedding. Of course, there's no relief for those who've actually tied the knot. Newly betrothed couples are inevitably subjected to the "When are you going to have a baby?" question from tactless co-workers and nosy aunts.

When you're not expecting...

But here's the thing about relationships, they don't happen in a perfect and predictable continuum.

It seems that we're obsessed with judging other people's relationships based on whether or not they've hit these milestones of adulthood. Even though many of us are unprepared or uninterested in marriage and parenthood, people always want to know how far along you are on this culturally-constructed life schedule.

But here's the thing about relationships: they don't happen in a perfect and predictable continuum. They are messy and complicated and the timing is almost never right. You can be with the same person for a decade and suddenly find yourself alone again or you can meet someone tomorrow and start a family with them just a few months later.

It can be challenging at times to remain close with our friends when we are hitting these different life stages in a decidedly non-chronological order. Within my own peer group, the conversations can range from daycare availability to salary reviews to the results of an STD test. If a friend tells me she is pregnant, I have to take a beat to assess whether or not she thinks that's a good thing. But even though these varying stages of maturity can make it hard to relate to one another at times, the diversity certainly keeps things interesting.

Recently, a friend of mine asked if she thought we might have children at the same time so they could go to school together. I laughed at her earnest assumption that we could ever plan such a made-for-TV life for ourselves. In reality, it just doesn't work like that. We are not marching along through life in unison while adhering to some sort of rigid master plan. We are winding back and forth, detouring along the way and maybe even getting a little lost sometimes.

It's OK — preferably even — if the relationship math doesn't add up and we veer off course every once in a while. Because wouldn't it be so utterly boring if all of life's milestones were predictable?

Follow Jessica Napier on
Twitter @MetroSheSays

Take social convention and toss it out with yesterday's trash.

GETTY IMAGES

Just chillin' at the car park



UNIVERSITY OF LEICESTER/THE ASSOCIATED PRESS

Parking lot find

Skeleton said to be King Richard III

This undated photo made available by the University of Leicester, England, shows remains found underneath a parking lot last September at the Grey Friars excavation in Leicester. The skeleton was declared Monday "beyond reasonable doubt" to be that of England's King Richard III, whose remains were missing for 500 years.

THE ASSOCIATED PRESS

Wars of the Roses

Killed in battle by army of Henry Tudor

Richard III ruled England between 1483 and 1485, during the decades-long battle over the throne known as the Wars of the Roses, which pitted two wings of the ruling Plantagenet dynasty — York and Lancaster — against one another.

But he was defeated and killed by the army of Henry Tudor, who took the throne as King Henry VII and ended the Plantagenet line.

THE ASSOCIATED PRESS

Little doubt

A Canadian's DNA confirmed identity

DNA from the skeleton matched a sample taken from Michael Ibsen, a distant living relative of Richard's sister. The project's lead geneticist, Turi King, said Ibsen — a Canadian carpenter living in London, England — shares with the skeleton a rare strain of mitochondrial DNA. His father Norm still lives in London, Ont.

King said that between one and two per cent of the population belongs to



Michael Ibsen GETTY IMAGES

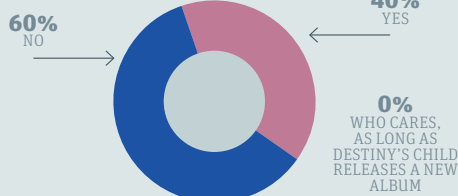
this genetic sub-group, so the DNA evidence is not definitive proof in itself of the skeleton's identity. But combined with the archaeological evidence, it left little doubt the skeleton belonged to Richard.

THE ASSOCIATED PRESS



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Do you think Beyoncé was lip-synching during her performance at the Super Bowl halftime show?



Twitter

@IAmByks:

Last day of pennies in Canada. "YAAAY!!", says train tracks everywhere. #yeg.

@dguenet:

Person wearing shorts in #yeg today... #toooexcited #premature #youreinxingit

@mcruuz:

Had the loveliest conversation with a nice old lady. We've established Monday & Friday mornings at the bus stop as our meeting dates #yeg

@ChrisTse:

I don't think we need speed traps in #yeg anymore. These potholes are enough to deter most speeding!

@jgrak:

Traffic into #yegdt was great, the weather in #yeg is fabulous and it's not dark on my morning commute anymore :D #happymonday

@aking852:

Good thing i ate lunch today. I may have blown away in this wind #yeg



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WORKOPOLIS

DVD review

Flight

Director. Robert Zemeckis

Stars. Denzel Washington, Don Cheadle, Nadine Velazquez

Denzel Washington's portrayal of pilot Whip Whitaker, a man on the upper of heroics and the downer of substance abuse, deserves all the kudos he's garnered. Whip's at the controls with co-pilot Ken Evans (Brian Geraghty) when the plane they're flying from Orlando to Atlanta is hit with a calamitous mechanical failure that slams them into a steep dive. Whip takes charge and manages an incredible landing, in which only six of 102 passengers and crew onboard are killed. Whip's a hero. But a mandatory post-crash blood test reveals he was flying bombed. It's a stunning opening by director Robert Zemeckis, who previously filmed a doomed ride in 2000's *Cast Away*. But *Flight*'s high-tension opening is a mixed blessing, as it challenges the rest of the film to live up to its thrilling scenes, a near-impossible task as the drama moves on to its earthbound plot. Zemeckis and screenwriter John Gatins suddenly yield to dull convention, introducing in quick succession a romantic fellow addict (Kelly Reilly), a comic enabler (John Goodman), a stoic union rep (Bruce Greenwood) and a wily lawyer (Don Cheadle). None of these fine actors get much screen time, but the film wins on the strength of Washington's Oscar-nominated performance alone.

PETER HOWELL

Creating a hit show? It's Elementary

Look ahead. Creator mum on who will play Moriarty, but says the series will become less murder-of-the-week when Holmes' nemesis arrives on the scene



NED EHRBAR
Metro World News in Hollywood

CBS's hit *Elementary* — a modern take on Sherlock Holmes set in New York City — took the coveted post-Super Bowl slot Sunday night on that network, an honour rarely bestowed on a freshman series. On the tail of such a high-profile unveiling, creator and executive producer Rob Doherty gives us some updates on what's to come for the rest of the series' first season.

That post-Super Bowl slot didn't add that much extra stress

"I'm stressed out all the time anyway. So it's hard to go from 10 to 11," says Doherty. "You know, mostly what we felt was great excitement. Again, it's an honour, it's a privilege, it's an incredible opportunity to expose the show to people who may not have checked it out yet. And so we tried to take all that into consideration as we developed the story that we felt, you know, not only was a good example of what the show can do, but something that our regular audience would really have fun with as

well."

Moriarty is indeed coming:

"We cannot wait to get more serious about Moriarty," Doherty admits. "In this day and age, it's virtually impossible to stunt a role and not have everyone in the universe know that this person is coming and will be revealed as this character. So we're approaching it very carefully and as quietly as we can. At the end of the day, we want a tremendous actor, but it's less fun for me if all of you know who it is and when they'll arrive and what they'll be doing. But it's a problem in the immediate future. We have a few more weeks, I think, before we have to sweat that."

When Moriarty arrives, the show will become less murder-of-the-week

"I foresee us getting a bit more serialized than we have been as we get into something of an end run for this first season," explains Doherty. "We'll still look to have a case that begins and ends over the course of a single hour of television, but you want to dollop Moriarty out appropriately, you know? Some of the specifics still need to be ironed out, but yes, as we get closer and closer to wrapping the season there will be a bit more serialization."

Moriarty aside, more figures from Sherlock's past are on the horizon

"At the moment we're actually working on an episode where



Will *Elementary* get a big boost from its post-Super-Bowl slot? HANDOUT

we will meet Sherlock's dealer from London," Doherty teases. "We'll get, again, a little window into Sherlock, and his experience in London is going

to open that much wider for having met this character. And we're lucky enough to have John Hannah (*Spartacus*) playing that role."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



So Katie's got her groove back?



THE WORD
Dorothy Robinson
scene@metronews.ca

Katie Holmes is reportedly ready to start dating again after her split from Tom Cruise, but sources say the fallout from their divorce is still having an effect on her, according to Radar Online. "Katie's in a dilemma, because she wants to date but is concerned where it could lead to from there," a source says. "She's worried that if she commits herself fully to another man, she will have to give up the freedom she's enjoying so much at the moment. As a single woman, she has no one controlling her now-days, telling her what to do or who to see and she absolutely loves it. However, at the same time, she also

misses being with someone special to share experiences with and she doesn't want to be alone for the rest of her life."

Don't worry, Katie. Metro has a few suggestions for a waltz partner for you for this next phase of your life:

John Mayer:
Because everyone hooks up with John Mayer.

Samantha Ronson:
Because Stella should totally get her groove back with a foxy lesbian DJ.

Joshua Jackson:
Because wouldn't a Dawson's Creek reunion be better as a reality show?

Danny DeVito:
Because she has a thing for older, shorter guys.

Ted the talking teddy bear from Ted:
Because that bear made half a billion dollars in the box office last year. Holmes needs to be near that kind of box office success.

Twitter



@DanaDelaney
How do you possibly pack for a 1 month PR trip? I need a valet.



@jessicaalba
I'm so annoyed w my account getting hacked!



@Real_Liam_Payne
As long as I got my suit an tie



@arnettwill
RT Follow me. I'm Will Arnett, for god's sake.

Selena want her Biebs back? A rockstar reunion fuels rumours

A month after what seemed like a pretty permanent breakup, Justin Bieber and Selena Gomez reportedly reunited at Bieber's L.A. home recently, according to Us Weekly. The Spring Breakers actress was spotted leaving Bieber's place in the morning after reportedly spending the night. It's unclear whether the meeting was romantic or not. "It never ends," an



Selena Gomez

exasperated source tells the magazine. "We'll see. It's such drama with them."

?info week

FEBRUARY 11-14, 2013

6:00 & 7:15 PM NIGHTLY

Info Week is a series of free, program-specific information sessions that zero in on more than 75 program choices. The career focus changes each evening, so plan to come on the night that interests you most. Sessions start at 6:00 pm and repeat at 7:15 pm nightly on Main Campus. Parking is free.

Visit the website for details of programs and session locations.

MONDAY, FEBRUARY 11

- Business & Administration (10 programs)
- Hospitality & Culinary Arts (4 programs)
- Media & Design (6 programs)

TUESDAY, FEBRUARY 12

- Engineering Technologies (13 programs)
- IT & Electronics (7 programs)

WEDNESDAY, FEBRUARY 13

- Building Construction & Design (4 programs)
- Environmental Management (9 programs)
- Skilled Trades (7 programs)

THURSDAY, FEBRUARY 14

- Animal Studies (2 programs)
- Health Sciences (17 programs)

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Wheat Belly fact vs. fiction

How bad is it?

In his best-selling book, *Wheat Belly*, Dr. William Davis slams the much-loved grain, calling it 'a perfect poison.' We asked a nutritionist whether we should follow his advice



ROMINA MCGUINNESS
Metro World News in London

"We have to deal with this incredible blunder that is the over-consumption of

carbohydrates and processed foods," warns cardiologist Dr. William Davis, who believes the "cut out fat, eat more whole grains" concept was fiction to begin with.

Rather, removing wheat from our diet is a huge first step. "We should be eating a high fat, carnivorous diet (and) single ingredient foods such as vegetables, nuts, seeds, eggs, full-fat dairy, lean meats, avocados, olives and coconut — excluding grains and sugar," he says.

In his book, Davis argues how a wheat-free diet can promote weight loss and appetite reduction, and can help lower the risk of heart disease. We asked nutrition consultant Dr. Wilma Kirsten to weigh in on the claims.



So bad it's ... bad. ISTOCK IMAGES



It's not wheat, it's poison

"What we're eating is not wheat but the creation of genetics research in the '60s aimed at increasing yield-per-acre. These methods were crude and imprecise. The result is a genetically unique plant far removed from the original grain. Modern wheat is detrimental to our health — even in minute quantities," Davis tells Metro.

What the nutritionist says:

"No! We've gone through generations of eating wheat — if it was so bad, many people would be dead because of it by now. Health problems are linked to over-consumption."

You could lose 25 to 30 pounds in 3 to 6 months

"Gliadin, the main protein in wheat, stimulates feelings of hunger. The moment you lose it, your appetite shrinks and you crave less foods. On average, you'll take in 400 calories less than you used to each day. The deep visceral fat that resides within the abdomen goes first," says Davis.

What the nutritionist says:

"Yes! A lot of those who cut out wheat go, 'What do I eat now? Put a baguette in front of me and I'll go through it like a Japanese bullet train.' People start replacing wheat with proteins and vegetables."



Some gluten-free foods are terrible

Labels can be misleading, says Davis. "These products are nothing more than junk carbohydrates. They're very destructive as they trigger very severe glycemic potential (high blood sugar levels)."

What the nutritionist says:

"Yes! People want bread — so they buy the gluten-free version, convinced they're making the 'healthier' choice. But these products are bad for us. They're highly refined and generally contain soya or corn flour, two hyper-allergenic foods. Go naturally gluten-free by eating grains like polenta, rice and quinoa instead."

Wheat causes intestinal damage...

"It irritates your gut — stop eating it and you lose an inflammatory drive that makes indigestion, diarrhea and autoimmune diseases occur," says Davis.

What the nutritionist says:

"Yes! Wheat contains the protein gluten, which can irritate the gut lining. This causes inflammation, leading to abdominal cramps and bloating. But not everyone reacts badly. Say I eat wheat-based foods three times a day, whereas you only eat them twice a week. If you then cut them out of your diet, the changes in your body won't be that dramatic, as you didn't eat much in the first place."



... and messes up your blood sugar levels

"In fact — it sends them soaring," says Davis. "Removing wheat from your diet helps lower your blood sugar, which in turn lessens the risk of developing cardiovascular disease."

What the nutritionist says:

"Yes! Low-fibre, refined carbohydrates are easily converted to glucose, causing a spike in blood sugar levels. When these rise too high, your pancreas has to secrete insulin to bring them back down. If this happens, you may be at risk of pancreatic insufficiency."

Germes in your gut could prevent disease



Bacteria in our gut can help boost immunity. ISTOCK IMAGES

Not all bugs are bad. Research finds that manipulating bacteria in the GI tract can protect our health

CELIA MILNE
life@metronews.ca

Germes make us sick, right? But bacteria in our gut can also make us well.

A new Canadian study has found that manipulating bugs in our GI tract can protect us from disease.

"We've got gazillions of bugs in our gut. They're part of who we are," says Dr. Jayne Danska, senior scientist in genetics and genome biology at SickKids Hospital in Toronto. "They help us to digest, make vitamins and train our immune systems to do the right thing."

Danska and colleagues from the U.S., Germany and Switzerland were trying to solve the puzzle of why autoimmune diseases are so much more common in women than men.

In their experiment, they worked with a strain of female mice at high risk for Type 1 Diabetes. They fed the

Tips from Danska

You can help keep your gut healthy by following three simple tips:

- Eat real food (not processed)
- Consume mostly plants
- Don't eat too much

females gut flora from male mice. Instead of 90 per cent of the females developing autoimmune disease, only 25 per cent of them got sick.

Stand up for your health

You might want to stand up for this: we're on our butts more than ever during the day, and it's hurting our health.

"We recently conducted a study showing that the life expectancy of U.S. adults could increase by two years if all adults reduced their sitting time to less than three hours a day," says I-Min Lee, a researcher with Harvard University.

And it gets worse: In October, the New York Times published research from the journal *Diabetologia*, which looked at 18 studies involving nearly 800,000 people.

The authors found that the average adult spent 50 to 70 per cent of his or her time sitting, and that those who sat the most had "a 112 per cent increase in their relative risk of developing diabetes, a 147 per cent increase in their risk for cardiovascular disease and a 49 per cent greater risk of dying prematurely — even if they regularly exercised."

If you're like many of us, you're at your desk most of the day, only to come home and plop down in front of the TV after work. How to fix this? We asked some trainers for their

If you must sit, get a mini workout:

- "Place a Pilates ball between your knees and squeeze and pulse. Do 20 reps and rest, then repeat. This is great for the inner thigh and lower abdominals," says celebrity trainer Simone De La Rue.
- "Straighten your legs

on occasion to prevent tightening of the calves and hamstrings. Flexing each foot while sitting helps, too. Stretching in your chair will also keep your body from locking up. A little bit goes a long way," says Dr. Florence Comi.

most practical tips — because breaking the cycle doesn't have to involve swapping your desk chair for an exercise ball!

Three to compare

Laura Miranda, physical therapist and trainer, stronghealthywoman.com

Drink up. "Keep a bottle of water on your desk at all times. Drink enough so you have to go to the bathroom one or two times an hour. Choose to use the bathroom one floor up or down for even greater effect."

Rob Sulavar, sports nutritionist and trainer, bandanatraining.com

Grab coffee outside the break room. "Office coffee sucks. Plus, the change of scenery might just inspire something genius." Or make like a delivery man: "Go pick up lunch. Don't think of your trip as an inefficiency, think of it as a mental jump-start."

Joey Gonzalez, COO and trainer, barrysbootcamp.com

Lunge, don't lounge: Book the conference room when you have some reading to do, and make use of it. "While reviewing documents, stand up and begin alternating lunges. Every minute or so, hold in the lower position for as long as possible."



We're on our butts more than ever and it's hurting our health. ISTOCK IMAGES

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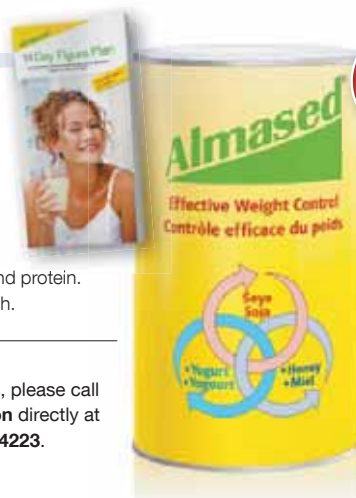
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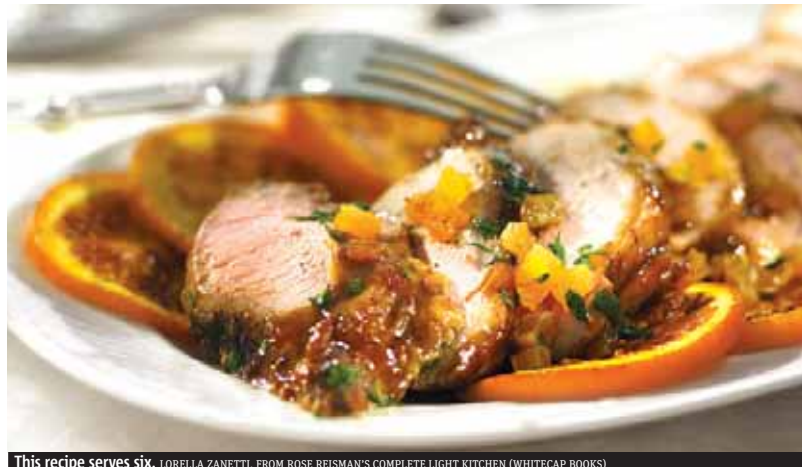
Pork tenderloins are usually sold in packages of two, each package averaging one and a half pounds.

If you buy them from your butcher, the tenderloins may be larger and you'll have to increase cooking time.

Today's improved agricultural methods mean that pork

Ingredients

- 1 1/2 lb pork tenderloin (2 small loins)
- 1/4 cup orange juice concentrate
- 1/4 cup apricot jam
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tsp grated orange zest
- 1 tsp minced garlic
- pinch salt and freshly ground black pepper
- 3 tbsp chopped fresh parsley or cilantro
- 1/4 cup diced dried apricots



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

can safely be eaten medium or medium-rare.

1. Preheat the oven to 425 F. Line a 9-by-13-inch baking dish with parchment paper.

2. Lightly spray a large non-stick grill pan or skillet with cooking oil and place over high heat.

3. Sear the tenderloins for about 2 minutes per side, or just until browned. Place in the prepared baking pan.

4. To make the glaze, combine the juice concentrate, jam, vinegar, oil, orange zest, garlic, salt and pepper until smooth. Spoon 1/4 cup of the glaze over the tenderloins and bake for

about 20 minutes or until the internal temperature reaches 145 F for medium.

5. Reheat the remaining glaze. Slice the tenderloin and serve with the glaze otop. Garnish with chopped parsley and diced apricots.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

I am not at all bitter!



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Ayurvedic and traditional Chinese medicine have always suggested bitter greens to "cleanse the liver" and mainstream North American natural health practices are catching on. But, do they really?

The empirical evidence is mixed and technically, according to the Canadian Liver Foundation, the liver doesn't need to be "cleaned," but anything that contributes to a healthy lifestyle contributes to a healthy liver. What we do know is that greens, like dandelion, promote the flow of bile and stimulate its secretion. Bile is needed to break down fats in the body.

A healthy flow of this disgusting green stuff is

needed for good digestion. Good digestion of a super healthy vegetable is enough for me to suggest including it in your diet. You can try:

- 1. Dandelion greens**
- 2. Arugula**
- 3. Broccoli Rabe (Rapini)**
- 4. Curly Endive**
- 5. Radicchio**

The bitterness comes from a specific phytonutrient and each plant has its own amount.

Some producers have bred the bitterness out in order to create a more palatable product, so think about finding the heirloom or organic varieties to get the most pucker for your buck.

Theresa Albert is a Food Communications Consultant and Private Nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



Backstabbers beware! Housewives get real about their relationships

With a little help from my... The six stars of hit Vancouver show talk to Metro about what defines a genuine friend

PHYLICIA TORREVILLAS
life@metronews.ca

Friendships can be put to the test when you put six very different, opinionated and strong-willed women in one room, let alone cast them in a reality TV show.

Though they may bicker and fight, the six Real Housewives of Vancouver have something in common when it comes to what makes a good friend — they don't like backstabbers, liars and fakers. Robin Reichman, a Texan and Christian, said she's really good at sensing whether a person she meets for the first time will end up in her Christmas card list or not.

"A good friend is someone who is genuinely happy about your success, sup-



The cast of Real Housewives of Vancouver can agree that backstabbers will never be their true friends. HANDOUT

portive of anything good that happens to you and not someone who wants to outdo you," the mother of two said.

Ioulia Reynolds, a 27-year-old art consultant, believes honesty is the best thing.

"There's no such thing as being too honest," she said. "If somebody's in my heart and I love them, and they turn around and backstab

me, that's the worst. I will forgive, but I will never forget."

Amanda Hansen, a divorced mother with three young children, said real friends will be there for you no matter what your decisions are.

"My friends may not have been necessarily supportive initially of me doing this

(show), but as soon as they saw that this is what I wanted to do ... they're like, 'If anyone can do this, you can do this. You're the strongest woman I know.' I have the best friends in the world," she added.

Meanwhile Jody Claman said she learned the value of friendship growing up in Merritt, B.C.

"My parents taught me to 'Show me your friends and I'll tell you who you are,'" the self-made businesswoman said. "We (lived) in the middle of nowhere. Our ranch butted up to ... (an Aboriginal) reserve for a First Nations band and so we had basic human responsibilities to be kind and support one another."

The show's drama-filled first season left Ronnie Negus and Mary Zilba's friendship broken and it appears there's no reconciliation happening any time soon.

"If something like this gets in the way and takes down that 19-year friendship, then you question that friendship anyways because no show and no nothing could take a friendship down that was solid," Negus said.

Being on the show, Zilba said, revealed who her real friends are. "Ronnie has chosen her alliance and that's Jody (Claman) ... It's sad that she's not my friend anymore. It's sad that she's someone I used to know, not someone I call up anymore," the former Ohio beauty queen said.

Hotel etiquette question

Tipping a butler service

Dear Charles the Butler, My husband and I have an upcoming stay at the Savoy in London, which comes with butler service. We've never stayed in a hotel with butler service before. Do you tip after a given service (for example, give a tip as the butler is leaving the room after, for example, unpacking for us), or do we provide a gratuity at the end of our stay? Or, do we provide a gratuity at all? We don't want to come off as boorish, so please advise.
— Clueless Couple.



CHARLES THE BUTLER
askcharles@thebutler@metronews.ca
For more, visit charlesmacpherson.com

I know the Savoy hotel well, and the head butler, Sean Davoren, is both a personal friend and one of the most well respected butlers in the U.K. His well-trained team will take very good care of you. But back to your question, the most appropriate time to tip the butler is at the end of your stay and there is no set amount.



Your tax refund might seem like a financial gift, but it's more like a loan to the government. ISTOCK IMAGES

Say goodbye to your tax refund!

Alison on money.
That government cheque could cost you in future savings



YOUR MONEY
Alison Griffiths
money@metronews.ca

An unexpected financial gift, a surprise bonus at work or a lottery win are all lovely windfalls. But for the average working stiff, the only thing that usually falls into this category is the annual tax refund.

In fact, it isn't really a windfall at all. It's a loan to the government, which is returned to you with little or no interest being paid. Now that is a lousy deal!

Since the year is young and tax season close, now is an excellent time to consider removing yourself from the refund ranks.

That government cheque

is actually costing you in terms of future savings or current debt.

Here's an example. Say you have \$2,400 on a credit card with a 19.5 per cent interest rate. And let's assume you also average a \$2,400 tax refund annually.

Your plan is to pay the minimum amount 2.5 per cent monthly (starting at \$60) then wipe out the balance when the tax refund arrives. With what's left (\$240.22) you are going to take your sweetie out for a wonderful dinner.

However, over the year, while the government is hanging on to your money, you will have paid \$446.12 in interest on that credit card debt. So your tax refund is effectively reduced to less than \$2,000.

A far better plan would be to adjust the tax withholding on your paycheque and use the extra money monthly to knock down the debt. In this case, you would be paying \$260 monthly on the debt — the \$60 minimum plus the

In numbers

\$1500

The average Canadian tax refund.

\$200 not going to the government.

The debt would be discharged in just over 10 months. The interest paid would be \$221.53. Best of all there's \$498.47 free and clear by the end of month 12 for a fancy restaurant meal.

The numbers are even more dramatic projected over time. If you saved that \$200 a month for 20 years at an average annual return of four per cent, compounded quarterly, it would amount to more than \$74,000.

Now why would you let the government keep that kind of money when it could be in your own pocket?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Money sense

Checking in on your credit score



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Please don't judge. Though it might seem lame, I love that I have FREE access to my credit report once per year from one of Canada's credit agencies; Equifax (equifax.ca) or Transunion (transunion.ca); and so do you.

Knowing your credit score can help protect you from identity theft and by managing it responsibly, you can save thousands.

Your credit score impacts your ability to borrow money at reasonable rates and purchase big and small ticket items like houses, cars or cellphones. These days, as part of background checks, many employers are pulling credit reports for job applicants to determine a candidate's level of responsibility.

Your credit score reflects your level of financial responsibility and therefore you must diligently protect it. And, because of increased fraud and identity theft, it's equally important that you ensure your credit report is accurate.



Because identity fraud has increased, it's important to make sure your credit report is accurate. ISTOCK IMAGES

Good credit is built through paying back loans on time, maintaining revolving credit (credit cards or lines of credit) through regular payments and not declaring bankruptcy.

Bad credit is a result of a person's inability to manage their credit commitments. Often times this happens when a person loses a job, an emergency drains savings or cash flow is squeezed due to overspending.

The only way to fix bad credit is to show an ability to make payments on time and in full consistently over several years. A credit counsellor can walk through the process of gradual credit improvement. Check out creditcounsellingcanada.ca or creditcanada.com.

Know the status of your credit score by monitoring it regularly. Request your free yearly copy and ensure the credit bureau's records match yours. Look for identity theft, reporting errors, loan defaults and other negative items. If an error is discovered in your file (and you have proof), the credit bureau must correct it. If you have a question or inquiry, send a written request (with official receipts and paperwork) to the credit bureau and they will investigate the matter for you.

Credit knowledge is powerful and saves money.

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RRSP GUIDE

Tuesday, February 5, 2013



Meet with financial advisers until you find one that you are comfortable with when starting to invest in your future. Also, figure out your risk tolerance and identify your goals. ISTOCKPHOTO/THINKSTOCK

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Helpful advice

New investors. There are correct and incorrect ways to start building your future nest egg

JANE DOUCET
For Metro

Since they were first introduced in Canada in 1957, registered retirement savings plans continue to be one of the best ways to save for retirement. In addition, this type of investment will reduce your taxable yearly income.

"RRSPs are also a good way to build a down payment to buy a house," says Blair Guilfoyle, a certified financial planner in Toronto and a partner with Guilfoyle Financial.

Guilfoyle shares the following insights with those who are new to RRSP investing:

Find an experienced financial adviser

Ask trusted family, friends and colleagues to recommend an adviser, then meet with them until you find one you are comfortable with. "It's important that the person has the required designations, such as certified financial planner or chartered financial analyst,"

Guilfoyle says.

It's also helpful if they have been working in the financial industry for a few years and have a broad range of experience. An independent financial adviser (one not associated with a particular bank) will be able to offer a greater choice of investment companies, as well as other types of financial planning services.

Figure out your risk tolerance

Your adviser will help you determine how much market-volatility risk you are comfortable with and your timeline to withdraw the money, then choose the RRSPs based on that information.

For example, someone with low-risk tolerance who wants to take the funds out in five years to buy a house might do well with conservative guaranteed investments, such as redeemable GICs (guaranteed investment certificates) or conservative mutual funds.

"It's important to have a comprehensive conversation up front about goals

and risk tolerance," Guilfoyle says.

Identify your goals

Do you want to use your RRSPs to save for retirement? Or to buy a house or further your education?

The first step is to decide what you want that pool of cash for. Perhaps you have been contributing for a while and you are ready to buy your first house: The federal government's Home Buyers' Plan allows you to withdraw up to \$25,000 from your RRSPs to buy or build a home.

If you decide to pursue full-time training of post-secondary education — maybe you want to apply to law or medical school after working in another field — you can borrow up to \$20,000 through the Life-long Learning Plan.

Don't be discouraged by market dips

It's important to know at the outset that there will be market volatility in the future.

When your portfolio does dip, don't panic — the dips will be temporary.

"Don't jump in and out of investments because you're nervous about market performance," Guilfoyle says.



Investing in your future savings can lead to varying strategies, depending on your age. PIXLAND/THINKSTOCK

Strategies for life's stages



TALBOT BOGGS
Smart Investing

With more and more evidence that Canadians are not financially preparing for retirement, the need to start saving earlier in life and put in place sound financial registered retirement savings plan (RRSP) strategies are becoming increasingly important.

A recent annual survey by BMO Financial Group found that the number of Canadians who have an RRSP is increasing. Unfortunately, most are not contributing anywhere near the maximum they can.

The report found that 67 per cent of Canadians have an RRSP, up six per cent from 2011, and 72 per cent expect to contribute the same amount as they did last year. However, the annual contribution last year was only \$4,670 — about 21 per cent of the annual allowable contribution room — and industry reports now suggest that total unused RRSP contributions will hit \$1 trillion by 2018.

"The trend is encouraging, but it is not moving fast enough," says Steve Shepherd, vice-president and investment strategist with BMO Global Asset Management.

Only 49 per cent of younger Canadians between the ages of 18 and 34 plan to open an RRSP in the next five years, and a little more than half of that age group plan to, or have been making contributions toward their RRSPs. Only 30 per cent know the size of their annual RRSP contribution limit.

Young people in their 20s often make the mistake of not



There are a number of ways to save for your future. JUPITERIMAGES/CREATAS

investing because they don't feel they have enough money at that stage in their lives to make it worthwhile.

"Forty per cent don't feel they have enough saved to invest," Shepherd says. "But it's important to get into the savings habit, even if it's only \$50 a month because what's important in investing is how long you're in the market. The sooner you get started the better."

A portfolio at that stage of life could typically be more heavily weighted to long-term equities, but the decision often will be determined by an individual's risk tolerance. Given the current low interest rate environment, long-term returns can be a lot higher than what you can get from fixed income, overcoming inflation and still pro-

viding a real return.

"In the 20s, a lot of people might have a figure in mind that they need for retirement, but as their lifestyle builds by the time they hit 55 they realize that figure won't do and they should have been saving more and should have tweaked their plan," says Bill Jack, Toronto regional director with Investors Group. "A plan has to be fluid and change over time."

In their 30s and 40s, people tend to get married, have children, buy a house or condo and one of the spouses or partners may leave the workforce, resulting in higher household debt and lower income.

In this stage of life there may be more opportunities to save through other options like the tax-free savings account and registered educa-

tion and registered disability savings plans.

"These are all available, but you need to have a sound budget," Shepherd says. "A portfolio would typically become more conservative with less volatility but still with some growth — perhaps about 55 per cent in equities and 45 per cent in fixed income including about 25 to 30 per cent in bonds."

Portfolios during the 50s and 60s would typically become more balanced, shifting away from volatility and equities and more into fixed income. A lot of people make the mistake of just looking at what kind of returns they think they will need in retirement without factoring in other influences such as inflation.

After age 65, the primary financial focus generally is on generating a steady income stream and protecting it from the ravages of inflation and taxes.

And seek the help of a professional adviser.

"Studies have shown that investors who work with an adviser get three to six times more in investment capital," Jack says.

"The reason is that they make you go through the exercise of setting goals and then ensure checks and balances are in place to help you get there."

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

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Refund. Wise ways to put your money to work

JANE
DOUCET
For Metro

Great news! Thanks to your RRSP, you are getting an income tax refund. And as much as you would like to spend it on something fun, you probably should use it wisely.

Stephanie Holmes-Winton, a Halifax-based financial adviser and president and CEO of The Money Finder, has

these six suggestions for how to do so:

1 Build an emergency savings fund. When it comes to a refund, try to pretend that you never had the money in the first place so you don't blow it on something frivolous.

"It's hard to do but not impossible," Holmes-Winton says. The ideal emergency fund should cover six months of such necessary expenses as mortgage or car payments,

rent, food and utilities. Most people turn to debt — credit card or line of credit — in a financial crisis; having a sizable emergency fund in place means you shouldn't have to.

2 Make a lump-sum payment on your mortgage. If you do this every year that you receive a refund, the reduction in payments will add up over time. "That means you'll pay less on both the principal and interest," Holmes-Winton says.

3 Top up your "fun" money. If you are planning to take a holiday or do minor home renovations in the near future, put the refund in a high-interest savings account until you are ready to use it. "Then maybe you can afford marble countertops instead of laminate," Holmes-Winton says.

4 Start a tax-free savings account (TFSA). It's a smart idea to use one type of retirement savings to start an-

other complementary type of retirement account. A TFSA is a flexible, registered, general purpose savings account that earns tax-free investment income to more easily meet lifetime savings needs.

5 Put it toward next year's RRSP. The smart thing to do in this case is to open a separate savings account with no debit card access. "That makes it a slower process to access those funds," Holmes-Winton says. "If you know it's

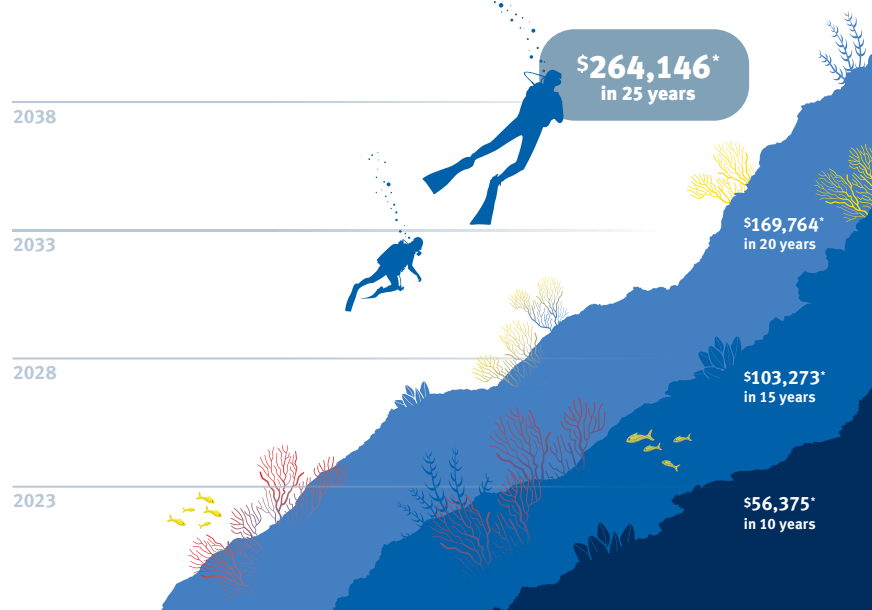
going to take a few days to get the money, you'll be less likely to spend it impulsively."

6 Get the family's input. If you have children who are elementary school age or older, hold a family meeting to ask them how they think the refund should be spent. "Tell them how much the refund is and say you'd like their help on how the family should spend it," Holmes-Winton says. "Kids can come up with some fantastic ideas."



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The sooner you start investing and building an RRSP, the sooner you can start taking advantage of compound interest. BRAND X PICTURES/THINKSTOCK

Get interested in saving early

If you have heard it's better to start putting money into RRSPs early in life, you heard right. But how young can you be when you start? And how much money do you need to invest during those early days?

"You can begin accumulating RRSP contribution room as soon as you file your first tax return, and you may open an RRSP as soon as age 18, depending on your financial institution's policy," says Robert McCullagh, a Calgary-based certified financial planner with Benefit Planners Inc. and a past chair of Advocis, The Financial Advisors Association of Canada.

The beauty of socking cash into an RRSP early in life is what's called compound interest. "That means the RRSP earns interest on the interest it earned in a previous period," McCullagh says. "It's exponential growth over time." McCullagh offers these tips to getting into the RRSP game sooner rather than later:

\$15 or \$25 per month until you start earning more. "I tell my clients that it's important to do something rather than nothing, and sooner rather than later," McCullagh says. "Saving consistently annually will give you retirement income indefinitely."

Consider an RRSP loan

In some cases, it might be to your advantage to borrow money to contribute to your RRSP.

"While you should use the RRSP receipt for the same period of time as the loan payments," McCullagh says, "the refund can be used to pay down debt, invest in a tax-free savings account or spend."

Form good financial habits

If you start saving and spending responsibly at a young age, it becomes habit-forming and a way of life. "For example, when you get a raise at work, give your RRSPs a raise," McCullagh says.

When you see the positive results of your healthy financial habits, it will motivate you to continue them.

It's OK to start small

Even if you only can spare

JANE DOUCET

NHL

Vanek garners first-star status

Buffalo Sabres left-winger Thomas Vanek was named NHL's first star of the week Monday after leading all players with 10 points last week.

Pittsburgh Penguins left-winger Chris Kunitz earned the second star and Vancouver Canucks goaltender Roberto Luongo picked up the third star.

Vanek recorded five goals and five assists in four games. **THE CANADIAN PRESS**



Buffalo Sabre Thomas Vanek celebrates scoring against the Bruins on Thursday in Boston. GETTY IMAGES

NHL

Rangers and Wild wheel and deal

The New York Rangers traded rugged forward Mike Rupp to the Minnesota Wild on Monday for forwards Darroll Powe and Nick Palmieri.

The Rangers have been looking for depth at forward to complement their top line of Rick Nash, Brad Richards and former Wild star Marian Gaborik. New York is also dealing with the loss of captain Ryan Callahan, who is currently sidelined by a dislocated shoulder.

Rupp has played in 565 NHL games over 10 seasons with New Jersey, Phoenix, Columbus, Pittsburgh and the Rangers.

THE ASSOCIATED PRESS



Edmonton Oilers goalie Devan Dubnyk makes a save in front of teammate Ladislav Smid and Vancouver Canuck Alex Burrows at Rexall Place on Monday. The Canucks won 3-2 in overtime. JASON FRANSON/THE CANADIAN PRESS

Oilers cough up late lead, fall to Canucks

NHL. Tanev scores first NHL goal to win game after Hall fails to convert on penalty shot

Chris Tanev scored with 19.3 seconds remaining in overtime as the Vancouver Canucks won a season-high third game in a row, coming from behind to defeat the Edmonton Oilers 3-2 on Monday.

With just 2:17 remaining and the Oilers holding a 2-1 lead, the Canucks were able to tie the game up on a long shot from Kevin Bieksa that beat goalie Devan Dubnyk stick-

On Monday

3

Canucks

2

Oilers

side to send the game to extra time.

Taylor Hall was awarded a penalty shot for the Oilers with 2:47 gone in OT after being hooked down by Daniel Sedin on a breakaway, but Hall was stopped by Canucks goalie Roberto Luongo, who finished with 23 saves.

Jannik Hansen also scored in regulation for the Canucks (5-2-2), who extended their lead atop the Northwest Division.

Ales Hemsky and Ryan Smyth replied for the Oilers (4-3-2), who have lost three in a row. Dubnyk meanwhile stopped 37 shots.

The first period was largely uneventful until late in the frame when the Oilers struck on the power play. Nail Yakupov made a nice chip pass and Hemsky hustled to beat Jason Garrison to the puck before undressing Luongo with a deke for his third goal of the season.

The Oilers made it 2-0 eight

minutes into the second as Anton Lander picked off a pass at the Canucks blue-line while shorthanded and sent it to Smyth in front. His shot was partially blocked by Alex Edler but still managed to dribble its way into the Vancouver net.

The Canucks got on the board four minutes later after a good battle by Hansen culminated in his shot from behind the goal-line catching Dubnyk off guard, going in off his arm.

The Oilers play host to the Dallas Stars on Wednesday. The Canucks are off until Thursday when they take on the Wild in Minnesota.

THE CANADIAN PRESS

Soccer officials envision CHL-style league



Ashtone Morgan of Canada makes a sliding tackle on Graham Zusi of the United States during a friendly match Jan. 29 in Houston. The Canadian Soccer Association wants to develop more local talent in a new league. BOB LEVEY/GETTY IMAGES FILE

Canadian Soccer Association president Victor Montagliani envisions a soccer league that functions like the Canadian Hockey League, with teams playing in several regional leagues and then meeting for a national title.

The CSA has released a 32-page report entitled A League of Our Own on the viability of a second-tier league. It's the national organization's latest attempt to develop a framework for players, building it in below Major League Soccer.

"The initial impetus of the report was this: for as long as I can remember, for maybe 100 years of our association, pro-

fessional soccer has come and gone and almost done whatever it has wanted in our territory without the CSA really looking at it," Montagliani said Monday on a conference call.

"We just felt it was time we looked at it from a national-body perspective."

The study, directed by former national team player James Easton, was to help identify the best pathway for Canada's young talented players to reach an elite level in soccer.

What this means for existing regional leagues like the Ontario-based Canadian Soccer League remains to be seen. **THE CANADIAN PRESS**

Recommendations

- The recommendation of the report has leagues operating in Canada's four largest soccer markets — Ontario, Quebec, B.C., and Alberta — with the focus on players aged 18-23.
- The four regional leagues would operate like the Western Hockey League, Ontario Hockey League and Quebec Major Junior Hockey League do in the CHL.

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SPORTS

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Tuesday, February 5, 2013

Officials left in the dark

Lights-out Super Bowl.

Culprit of power outage may not be known for days, says energy company exec

Who turned out the lights?

The day after the 34-minute blackout at the Super Bowl, the exact cause — and who's to blame — is unclear, though a couple of potential culprits had been ruled out.

It wasn't Beyoncé's electrifying halftime performance, according to Doug Thornton, manager of the state-owned Superdome, because the singer had her own generator. And it apparently wasn't a case of too much demand for power. Meters showed the 76,000-seat stadium was drawing no more electricity than it does during a typical New Orleans Saints game, Thornton said.

The lights-out game Sunday proved an embarrassment for the Big Easy just when it was hoping to show the rest of the world how far it has come since Hurricane Katrina in 2005. But many fans and residents were forgiving, and officials expressed confidence that the episode wouldn't hurt



San Francisco 49ers kicker David Akers waits during a power outage Sunday at the Super Bowl in New Orleans.

EZRA SHAW/GETTY IMAGES

the city's hopes of hosting the championship again.

NFL Commissioner Roger Goodell said the city did a "terrific" job hosting its first pro-football championship in the post-Katrina era and added: "I fully expect that we will be back here for Super Bowls."

The problem that caused the outage was believed to have happened around the spot where a line that feeds current from the local power

A big deal in Canada

18.2M

Overall, more than 18.2 million viewers in Canada watched some or all of the game on RDS or CTV, the latter said. The game attracted an average audience of 7.33 million viewers on those channels.

company, Entergy New Orleans, connects with the Su-

perdome's electrical system, officials said. Whether the fault lay with the utility or the Superdome was not clear.

Determining the cause will probably take days, according to Dennis Dawsey, a vice-president for distribution and transmission for Entergy.

Sunday's Super Bowl was New Orleans' 10th as host, and officials plan to make a bid for an 11th in 2018.

THE ASSOCIATED PRESS

NBA

Thunder put Mavs to bed early

After two desperation shots and two overtime thrillers, the Oklahoma City Thunder were done playing close games against the Dallas Mavericks.

Russell Westbrook scored 24 points, Kevin Durant had 19 points and 10 rebounds, and Thunder blew out Dallas 112-91 Monday night while avoiding a third straight overtime game between the teams.

Oklahoma City led by at least 20 throughout the second half, winning for the 10th time in 11 meetings between the teams since Dallas beat the Thunder in the 2011 Western Conference finals on its way to the NBA championship.

THE ASSOCIATED PRESS

NBA

James leads Heat past Bobcats

LeBron James scored 31 points and Chris Bosh added 23 to lead Miami past Charlotte 99-94 Monday night, the Heat's 10th consecutive victory against the Bobcats.

Dwyane Wade had 20 points and 12 rebounds for Miami, which has won nine of its last 10 at home.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
VY Islanders	8	4	3	1	27	26	9
VY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	9	4	5	0	22	27	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Carolina	8	4	4	0	22	24	8
Winnipeg	8	3	4	1	24	32	7
Florida	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results

Carolina 4 Toronto 1
Jallas 3 Colorado 2
Phoenix 3 Minnesota 1
/ancouver 3 Edmonton 2 (OT)
San Jose at Anaheim

Sunday's results

Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3

New Jersey 3 NY Islanders 0

Tuesday's games — All Times Eastern

Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
VY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at Colorado, 10:30 p.m.
Wednesday's games
Boston at Montreal, 7:30 p.m.
Anaheim at Colorado, 9:30 p.m.
Dallas at Edmonton, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	9	7	0	2	28	20	16
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	9	5	2	2	24	22	12
Edmonton	9	4	3	2	22	24	10
Minnesota	9	4	4	1	21	24	9
Colorado	9	4	5	0	21	23	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	10	4	4	2	29	27	10
Dallas	10	4	5	1	20	25	9
Los Angeles	7	2	3	2	16	23	6

NFL

SUPER BOWL XLVII

Sunday's result — at New Orleans

Baltimore 34 San Francisco 31

RAVENS 34, 49ERS 31

Baltimore 7 14 7 6-34

San Francisco 3 3 17 8-31

FIRST QUARTER

Bal — Boldin 13 pass from Flacco (Tucker kick), 10:36.

SF — FG Akers 36, 3:58.

SECOND QUARTER

Bal — Pitta 1 pass from Flacco (Tucker kick), 7:10.

Bal — Jones 56 pass from Flacco (Tucker kick), 1:45.

SF — FG Akers 27, 0:00.

THIRD QUARTER

Bal — Jones 108 kickoff return (Tucker kick), 14:49.

SF — Crabtree 31 pass from Kaepernick (Akers kick), 7:20.

SF — Gore 6 run (Akers kick), 4:59.

SF — FG Akers 34, 3:10.

FOURTH QUARTER

Bal — FG Tucker 19, 12:54.

SF — Kaepernick 15 run (pass from Kaepernick to Moss), 9:57.

Bal — FG Tucker 38, 4:19.

SF — Safety Culliver snapped ball out of end zone, 0:04.

Attendance — 71,024 at New Orleans.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	31	14	.689	—
New York	31	15	.674	1/2
Indiana	29	19	.604	3 1/2
Chicago	29	19	.604	3 1/2
Brooklyn	28	19	.596	4
Atlanta	26	20	.565	5 1/2
Milwaukee	25	21	.543	6 1/2
Boston	24	23	.511	8
Philadelphia	21	26	.447	11
Detroit	18	31	.367	15
Toronto	17	31	.354	15 1/2
Orlando	14	34	.292	18 1/2
Cleveland	14	34	.292	18 1/2
Washington	12	35	.255	20
Charlotte	11	36	.234	21

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	36	12	.750	1 1/2
L.A. Clippers	34	16	.680	4 1/2
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	27	22	.551	11
Houston	26	23	.531	12
Portland	25	23	.521	12 1/2
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	28	.417	17 1/2
Minnesota	18	27	.400	18
Sacramento	17	33	.340	21 1/2
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results

Washington 98 L.A. Clippers 90
Philadelphia 78 Orlando 61
Indiana 111 Chicago 101
New York 99 Detroit 85
Miami 99 Charlotte 94
Oklahoma City 112 Dallas 91
Portland 100 Minnesota 98
Utah 98 Sacramento 91 (OT)

Sunday's results

Boston 106 L.A. Clippers 104
L.A. Lakers 98 Detroit 97

Miami 100 Toronto 85

Tuesday's games — All Times Eastern

Atlanta at Indiana, 7 p.m.
L.A. Lakers at Brooklyn, 7:30 p.m.
Phoenix at Memphis, 8 p.m.
Golden State at Houston, 8 p.m.
Milwaukee at Denver, 9 p.m.



Horoscopes

Aries

March 21 - April 20

The world around you may be chaotic but you are a vision of calm. It may be unusual for you to be this laid-back. But if you are smart, you will do whatever it takes to make it last as long as possible.

Taurus

April 21 - May 21

Changes in your place of work may be causing you all sorts of problems at the moment but there is really nothing to worry about. In fact, in the longer term these changes may be just what you need.

Gemini

May 22 - June 21

Be dynamic. Be different. The more chances you take between now and when the Sun changes sign in a couple of weeks time, the more options you will have later in the year. Dare to follow your dream.

Cancer

June 22 - July 23

You need to confront your fears head-on. The planets urge you to be brave and face up to what has been worrying you these past few months. Make this the day when you seize back the initiative.

Leo

July 24 - Aug. 23

No one has the power to burst your bubble. The more others spin tales of despair and destruction, the more you will laugh in their faces. Quite right too. Life is good and getting better by the day, the hour, the minute.

Virgo

Aug. 24 - Sept. 23

Your attitude seems a lot more positive now, especially where relationships are concerned. No doubt it has something to do with Mercury's move into your opposite sign. It signals a more upbeat approach to life in general.

Libra

Sept. 24 - Oct. 23

Cosmic activity in your fellow Air sign of Aquarius urges you to be adventurous. You can be a star over the next few days, if you have the guts to go out there and make a spectacle of yourself. So, do you?

Scorpio

Oct. 24 - Nov. 22

Go along with what your friends suggest today, even if your heart is not really in it. Chances are it will develop into the kind of situation where you not only have a lot of fun but make some money as well.

Sagittarius

Nov. 23 - Dec. 21

If you have not made up your mind about where your next vacation will be, you must get on it straight away. The Sun moves out of the travel area of your chart in two weeks. Make a decision by then.

Capricorn

Dec. 22 - Jan. 20

Because you can see both sides of an issue, you may find it hard deciding who to support. But what makes you think such a decision is necessary? Stand back and let your rivals fight among themselves.

Aquarius

Jan. 21 - Feb. 19

The Sun remains in your sign until the 18th, which means you have plenty of time to make your mark. Whatever successes you have enjoyed or failures you have endured, put them all behind you and do something remarkable.

Pisces

Feb. 20 - March 20

Mind planet Mercury moves into your sign today, making it easier for you to see things as they really are rather than as how other people want you to see them. You'll realize that most of your fears are unfounded. **SALLY BROMPTON**

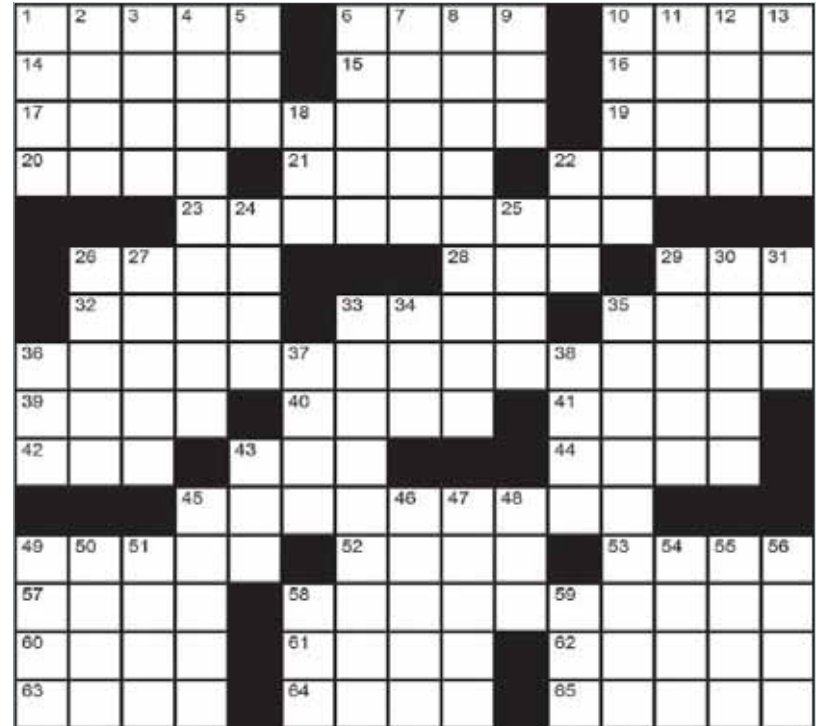
Crossword: Canada Across and Down

Across

1. Actor Johnny's surnamesakes
6. Barney and Betty's baby, when doubled
10. Air heroes in war
14. All
15. 16 Wing Borden, the 'Birth-place of the _____'
16. Credit card
17. 1700s French fortress on Cape Breton Island
19. How Canada Geese fly, ___ shape
20. Bag style
21. Wine bottle plug
22. Raising the Roof's money-raising red hat to help the homeless
23. Meewasin Valley Trail locale
26. Commedia dell'___ (Centuries-old improvised comedy)
28. Like some humour
29. Cable network
32. "___ & Stitch" (2002)
33. US music trade org.
35. Ireland
36. Peter MacKay's government job: 2 wds.
39. Paris airport
40. Port of Yemen
41. Leave out
42. Hiver's French opposite
43. "So long."
44. Meshworks
45. Support together
49. Honeydew ___
52. Cut of meat
53. Swiss peaks
57. "Pronto!"
58. Provincial bird of Ont.: 2 wds.
60. Foot injury result
61. Prefix to 'allergenic'
62. Air freshener target
63. Some slitherers
64. Greyish
65. Boat poles

Down

1. Shoulder muscle, informally
2. Cooking oil, to Rachael Ray
3. ___etre (Perhaps, in Montreal)
4. Vancouver-born actor Jason

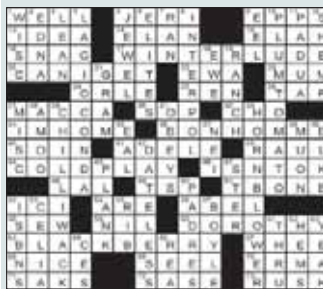


5. Method [abbr.]
6. Stream
7. Luxury brand from Honda
8. Samuel Langhorne Clemens' pen name: 2 wds.
9. Factory activity [abbr.]
10. Engine bird flying over Montreal?
11. Five: French
12. Jacob's twin in the Bible
13. Conserve
18. Cavemen yrs.
22. Mattel product

24. "___ Flux" (2005)
25. Port city of Algeria
26. ___ Bay, British Columbia
27. ___ through (Plunder)
29. Band's cue to start: 2 wds.
30. Wrestling great Mr. Hart's
31. Not 'neath
33. Sends out soldiers again
34. "___ Mine" by The Beatles
35. Victor Hugo character
36. Anonymous surname
37. Small islands
38. Prefix to 'sphere'

43. "___ voyage!"
45. Hamilton's ___ Coliseum
46. Pizazz
47. Leonard of "Star Trek"
48. ___Cat (Ski hill machine)
49. ___ fide (In bad faith)
50. 'Photosynth' suffix
51. Light source
54. Toilets, British-style
55. Sulk
56. Grads-to-be, for short
58. "___-ching!"
59. Name: French

Yesterday's Crossword

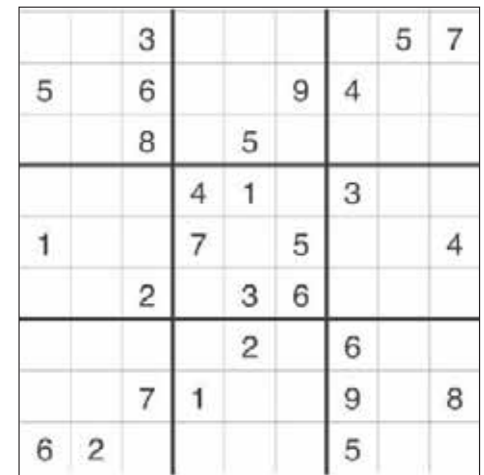


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 0°
MIN: -9°

WEDNESDAY



MAX: 2°
MIN: -8°

THURSDAY



MAX: -2°
MIN: -9°



MICHELE MCDUGALL
WEATHER SPECIALIST

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11315 104th Ave.

Malls

Bonnie Doon Shopping Centre
Edmonton City Centre
Kingsway Garden Mall
Londonderry Mall
Millwoods Town Centre
Northgate Mall
South Edmonton Common
Southgate Centre
TELUS Plaza North
West Edmonton Mall

West End

9935 170th St.
10429 178th St.
14220 Yellowhead Trail
14903 118th Ave. NW
17508 Stony Plain Rd.

North

9410 137th Ave. NW
9624 165th Ave.
10642 82nd Ave. NW
12714 137th Ave.

South

1916 99th St.
1934 38th Ave. NW
4515 Gateway Blvd.
4909 99th St. NW
5912 104th St.
8710 51st Ave.
9518 Ellerslie Rd. SW
10309 34th Ave.
13034 50th St.

Leduc

5311 Discovery Way
5906 50th St.
6109 45th St.

Morinville

9918 100th St.

St. Albert

St. Albert Centre
20 Muir Dr.

Sherwood Park

Sherwood Park Mall
973 Ordze Rd.
975 Broadmoor Blvd.

Spruce Grove

Westland Market Mall
96 Campsite Rd.

Fort Saskatchewan

8701 94th St.
9542 86th Ave.
9914 103rd St.

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